

COGNITIVE BEHAVIORAL INTERVENTION FOR TRAUMA IN SCHOOLS (CBITS)

The **Cognitive Behavioral Intervention for Trauma in Schools (CBITS)** program is a school-based, group and individual intervention. CBITS uses cognitive-behavioral techniques (e.g., psychoeducation, relaxation, social problem solving, cognitive restructuring, and exposure).



[CBITS Website](#)

It is designed to **reduce** symptoms of

- Post-Traumatic Stress Disorder (PTSD),
- Depression, and
- Behavioral problems

It is designed to **improve**

- Functioning,
- Grades and attendance,
- Peer and parent support, and
- Coping skills

CDE is current offering this training for FREE for school-based mental health professionals.

It is best to keep a training group between 8 – 15 people. Contact us if you would like to discuss training options for your District/School/BOCES/Administrative Unit.

**Contact Londi Segler, Ph.D. NCSP, Segler_L@cde.state.co.us or
Krista Klabo, Ed.S. NCSP, Klabo_K@cde.state.co.us.**



COLORADO
Department of Education

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

CDE is offering virtual **Cognitive Behavioral Intervention for Trauma in Schools (CBITS)** training for school teams (minimum of two people per team). This training is an all day virtual training (8:30 am - 3:30 pm) with 5 hours of pre-homework that is required in order to participate. Each training date is limited to 15 people maximum.

What: Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

Who: School-Based Mental Health Professionals

(professionals must sign up as a duo or school team)

When: Dates listed below

Time: 8:30 am - 3:30 pm with 30 minutes for lunch

Commitment: Professionals must complete 5 hours of homework before their training date and provide the certificates of completion in order to participate in the virtual training

Certificates: Participants will receive 5 hours of CE credit from the CBITS pretraining and 6.5 CDE clock hours for participating in the training

Cost: FREE

Training Dates

Jan. 28th

Feb. 11th

Feb. 25th

March 11th

April 8th

May 27th

June 10th

**Register
Here**

Contact Londi Segler, Ph.D. NCSP, Segler_L@cde.state.co.us or Krista Klabo, Ed.S. NCSP, Klabo_K@cde.state.co.us, if you have any questions.



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